# TESTICULAR CANCER

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# *Summary*

- *Who gets it*
- *Risk factors*
- *Symptoms*
- *Early recognition*
- *Self exam*

# *Who gets it?*

- *men*
- *usually between 15 and 35 years*
- *average patient age is 32*

# *Risk factors*

- *age*
- *undescended testicles*
- *early puberty*
- *family history*
- *overweight*
- *race*

# *Symptoms*

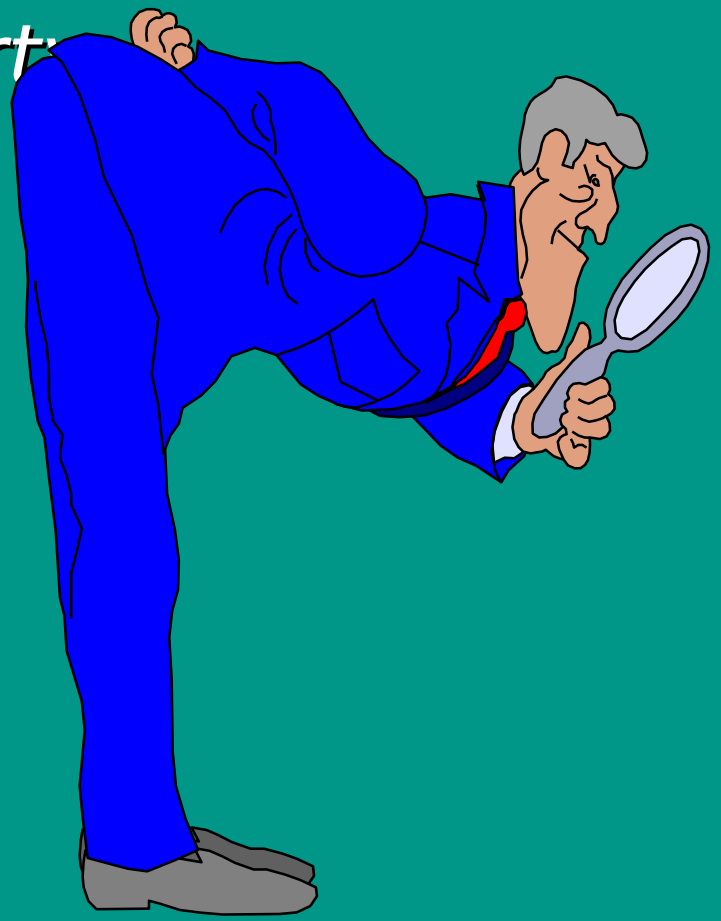
- *small, hard, painless lump*
- *enlarged testicle*
- *dull ache*
- *unusual heaviness*
- *change in way it feels*
- *sudden collection of fluid*
- *breast tenderness or enlargement*

# Early recognition

- Regular physical exams
- Testicular self exam
- Cure rate for stage1 and 2: 95%
- Cure rate for stage 3: 40-50%

# Testicular self exams

- starting from puberty
- once a month
- after a hot shower



# Tesicular self exam

- stand naked in front of mirror
- look for swelling or unusual shape

# *Testicular self exam*

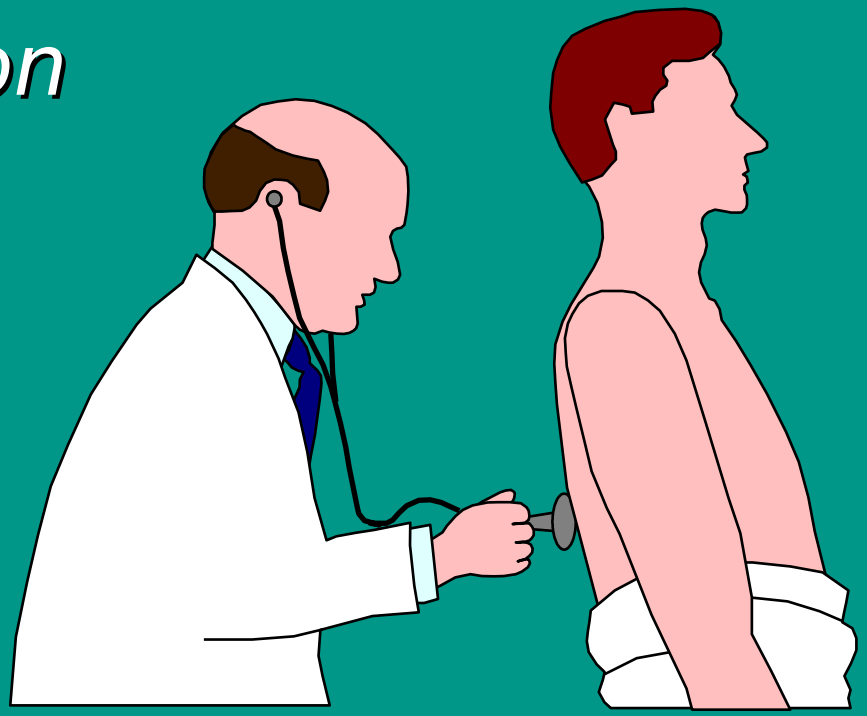
- *use both hands*
- *index and middle finger below*
- *thumbs on top*
- *roll testicle between fingers*

# *Testicular self exam*

- *find the cord like structure on the top  and back of each testicle (epididymis)*
- *feel for pea-size, hard masses*

# SEE FRIENDLY FLIGHT DOC IF:

- unusual shape
- hard painless mass
- unusual sensation



# *Review*

- *who gets it*
- *risk factors*
- *symptoms*
- *early recognition*
- *testicular self exam*

# Questions

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